

This Week at Ascension

How Do you Feel About Yard Work?

In the winter, I love the idea of yard work! I think about the beautiful sun, then welcome rain, and I dream about the flowers and vegetables that I will plant. I imagine large, colorful flowers that I can bring to the sick, and the enormous quantity of healthy vegetables that I will consume, and possibly bring to the summer and fall 1-A Feasts!

Reality sometimes shatters our dreams, doesn't it? It's taken a few actual summers here in MD to discover that the heat and humidity in Gaithersburg is a terrible combination! My desire for vegetables and flowers withers as my discomfort rises. And the BUGS!! You have some killers here! Gambit (my dog), has made it plain that he won't participate in any garden fantasy that extends much beyond the front curb—his true area of interest. For myself, I may have to make do yet again with a variety of interesting (sort of) houseplants. But the Church grounds are another matter. Since Freddy has been taken from us, I've been forced to realize that given sun and rain, the grass, trees, and bushes express their joy with exuberant growth! They're all over the place! Any flowers already planted get straggly. Weeds take terrible advantage of the situation, and start to murder the flowers.

What are we to do?

Some of the parishioners have told me that they would be willing to help make things look more as they should look. They have suggested a one day work party, Saturday, July 7, 2018. Are you available to help for a little while that day? We will work starting at 8am, and concluding promptly at noon. Since my garden and landscape tools still exist only in my fantasies, it would help if you can bring a tool or two with you when you come. Do label it with your name and address so you can have it at home when your yard work calls to you! Do put on sunscreen before you set out! If you haven't already told us that you plan to come, give Lin Keene, our parish administrator, a quick email to let her know when we can expect you. (office@ascensionmd.org) I did say a work PARTY, remember, and we want to make sure that we have plenty of cold drinks and simple refreshments for everyone. If it is raining on the 7th, we will work on the 14th.

Why should you do this?

I could tell you that God is calling you. (He is) And I could tell you that there is a high probability that you will make a deeper, sympathetic, connection with Church members you hardly knew (you will). But there are two other results of the work party you can expect, too. You will feel pride in the improvement of the

appearance of the Church of the Ascension, thanks to your efforts; and you will appreciate for a certainty the amount of effort and love that Fredy has put into the maintenance of the grounds of our Church.

I thank all of you for your care and devotion. May God bless you!

HEADLINERS

WE HAVE GONE DIGITAL

In this day and age we must keep up with technology. We have update Servant Keeper (Ascension's database) to allow parishioners to update their own information on the church's database. The link below will allow you to access it by entering your email address and creating a password. You will be able to not only update your current information, but also view your contributions and print your own statements. Of course those whom wish us to provide them with their statements, we will be happy to do so. You will be able to share your interests in severing and tell us where you are serving now.

<https://servantkeeper.com/member-portal/ECOTA/registration/email>

The Fredy Diaz Martinez Fund

Friends, most of you know that our fellow parishioner and friend, Fredy, was arrested by ICE a little over a week ago. Fredy's wife and three children are also active and faithful members of Ascension. They primarily worship at the Noon service, but are always participants in the One Ascension services. Their daughter Jazmin is a reader of the Psalms at that service and reads beautifully from the lectern. Fredy and his family are always there for others in need. Present to serve when Ascension needs him. Our lawns and gardens testify to his care. In my support letter to the immigration judge, I described Fredy as a man of merit and spirit.

Well, now Fredy needs us. Because of his detention, he will have massive legal bills so that he can be reunited with his family, his church and his job. At this time, his family is deprived of the much needed second income provided by Fredy to his family. Last time, we let you all know what had happened to Fredy and invited you to help Fredy and his family. We also asked you to write letters of support for Fredy to the immigration judge. Many of you have provided wonderful letters. Thank you. Many of you have already made financial donations as well. Thank you. To further support the Fredy and his family, we are formally setting up a Fredy Diaz fund. If you have not yet donated, we invite you to do so as you are able by going here: <http://ascensionmd.org/know-about-fredy-and-his-family/>.

May God's Blessings be upon you!
Javier and Nan

The University of Liberia Alumni Chorus

The University of Liberia is located in Monrovia, Liberia on the West Coast of Africa and is the flagship center of higher learning in Liberia. The University Chorus is a nonprofit Organization in the United States consisting of alumni of The University of Liberia. The Choir has a concert once each year and all proceeds go towards a scholarship fund to continuously sponsor forty students enrolled in full-time studies at the University and the construction of a Fine Arts Center on the University's Fendell Campus in Liberia. The Choir has committed to singing two songs on Sunday, July 22nd at the 10:00 AM service as an offering of thanks and appreciation for your kindness.

1. The Lord bless you and keep you
2. A traditional Liberian tribal song

Are you interested in helping someone in need of transportation get to church?

We have members at Ascension that are looking for a ride to Sunday service. Are you available, are you interested in giving them a lift? If you live in Gaithersburg and would like to assist please contact the parish administrator Lin Keene at office@ascensionmd.org

Overtone Singing at Ascension!

On Friday, July 27th at 7:30pm, join Harmonic Introductions for a concert of overtone singing in the Chapel!

Harmonic Introductions is a small non profit, community vocal ensemble, dedicated to expanding the awareness, appreciation, and understanding of the art of overtone singing.

What is Overtone Singing?

Overtone singing is a technique that enables 1 vocalist to produce and, with a bit of practice, control 2 or more notes simultaneously. When multiple voices come together to sound in this medium, a surreal soundscape and relaxing, glowing atmosphere settle and swirl throughout the space!

Link to Facebook event: <https://www.facebook.com/events/1570313249764904/?ti=icl>

LIFE LONG LEARNING

Wednesday Morning Book Group

We will next meet in Ascension's library at 10:00 a.m. on Wednesday, July 11th, to discuss Chapter 8 of Derek Wilson's book entitled "A Magical World: Superstition and Science from the Renaissance to the Enlightenment."

Tai Chi

Tai Chi on Thursdays in the Chapel will be cancelled for July and August, and resume in September.

During the summer, we will meet in Washington Grove on Saturday mornings at 9 am. Directions are Woodland Park, on Grove Road, near the tennis courts. Cancelled if rainy.

For information, contact Claire at cjrosser@aol.com (301-275-0617).

Thursday Morning Yoga

Yoga classes are offered on Thursdays at 10:00 AM, taught by Lucia Pires. The class is multilevel, with an emphasis on gentle yoga, and is appropriate for beginners. Props are offered, but the students are encouraged to bring their own yoga mats.

Lucia Pires is from Rio de Janeiro, Brazil. She is a 500-hour Pranakriya Yoga School of Healing Arts certified yoga teacher. Her training focuses on cultivating and enhancing the relationship of the student with his or her life force through yoga postures, breath work and meditation, in order to create change in awareness and help the student move towards wholeness and greater aliveness. She completed her professional training in 2015.

Lucia is the mother of two boys, ages 14 and 10, and when they give her a little break she enjoys reading, writing, long walks in nature and dancing.

There will be no yoga class on 7/26, 8/16 and 8/23.

Summer Sunday School

There will be summer Sundayschool in room 3 (the toddler room/room of refuge). It will be geared toward ages 5 and under, but older children are welcome to come help or just hang out.

If you have questions, contact Megan Didavi 703-636-7199 mdidavi@gmail.com.

Spanish Class

Come and take part in Ascension's Spanish Class on Mondays from 6:00 p.m. to 8:00 p.m. at Ascension House. You don't need to know Spanish to come, because we get together to learn and/or practice. For more information contact Javier at ocampo@ascensionmd.org

CARING FOR OUR COMMUNITY

Prison Ministry

Bubba Pflantzbaum has been writing to an inmate in Cumberland for about 10 years, providing friendship and access to information. His name is Jim, and he may be released in the next year or so. Jim is always looking for people to correspond with, so if you are interested in getting involved with this ministry, please email Bubba at bubbashalom@gmail.com

Ministerio Felicidad

Ascension members prepare lunches and send love and prayers to day laborers in the neighborhood of the church. Join Javier at 6:00 a.m. on Saturday, July 28 in the church kitchen. If you have any question, Contact Javier at ocampo@ascensionmd.org

Men's Shelter Lunch Preparation

The Men's Shelter Lunch program provides bagged lunches for homeless men, assembled in the Undercroft once a month. Supplies are donated by Ascension members. Depending on the season, we provide forty to eighty lunches a month. The next program is July 15 at 10:15 a.m. Contact Edith at esekasi@gmail.com if you would like to help, or sign up at <http://bit.ly/1VAKEz8>.

Gaithersburg HELP

This organization provides emergency food and other support to needy families in Gaithersburg. Non-perishable food collected at Ascension every week, and during specific holiday in-gatherings, helps to stock the pantry. Donations may be brought to church at any time and left in the narthex. For more information, contact Melanie Mitchell at 301.519.1074 or melanie.mitchell@verizon.net

Mobile Med

Mobile Med: Ascension hosts the Mobile Med van on Tuesday at Ascension House (where the van parks) and the Chapel (where the patients wait). We have volunteers that man the waiting room from 7:00 a.m.-3:00 p.m. You do NOT need medical knowledge or training - we act as hosts to the patients as they wait. We welcome new volunteers!

Jean Cohn
spangle1@comcast.net
240.372.3652.

Montgomery Hospice

Montgomery Hospice is a nonprofit hospice that has been serving the residents of Montgomery County for 36 years. We provide professional end-of-life care in homes, extended care facilities and at Casey House, our acute care facility. We are looking for new volunteers. Our greatest need is for volunteers to visit patients. These volunteers provide companionship for patients, respite for family members, lavender oil hand massages, music by the bedside or help with practical matters. Many provide the gift

of "presence" by simply being with a patient. All volunteers go through an application process and a three-day training. For more information, call 301-921-4400 or visit www.montgomeryhospice.org/volunteer

LIFE AT ASCENSION

Volunteer for Grounds Maintenance

If you are free and would like to join us on July 7th from 8 AM - 12 PM, we are organizing volunteers to help prune trees, bushes, landscaping and the overall appearance of Ascension's grounds. If you have yard tool and equipment to help in this project, please let us know. There is a sign up sheet in the Narthex. If you are interested in leading this group, please make a note next to your name.

If you have any questions, please contact Lin at office@ascensionmd.org

Facilities Committee Seeks Volunteers!

Have you ever built a house all by yourself? Neither have we. But we have lived in houses and apartments where things break and need repairs. If you have experience calling plumbers, electricians, roofers, etc., and meeting them when they come for estimates, you are just the kind of person we need for the facilities committee. While we welcome handy people who can fix a lock, drive a screw or change a light bulb, most of our duties consist of identifying projects, arranging for estimates and meeting prospective contractors. Perfect for retirees! The more of us there are, the less anyone person has to do. If you are interested, contact one of the following: Ted Bedell, 301-520-8449; Luis Pedron, 301-922-5610; John Pruessner, 240-271-4739, or email Lin Keene at: office@ascensionmd.org

Kitchen Closed

Until repairs are completed, the kitchen will be closed. We are sorry for the inconvenience and thank you for your support during this time

PRAYER REQUESTS

Prayers For Those Whose Lives are Closely Linked With Ours: All Faith, Charlotte Hall Christ Church, Nanjemoy Independence Day (July 4) - Pray for justice, freedom and peace for all people, 79th General Convention of the Episcopal Church (July 5-13)

We pray for comfort, healing, courage and hope for Jean Cohn, Harriette Eleanor Cooper, Fredy Diaz, Peggy Donnellon, Sally & William Glick, Rudi Miksa, Ann Mitchell, Leslie Pool, Leslie Sanya, Fran Spina, Dorett Sutherland, Samuel Tellu, Martha Tieran, , and all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity, as well as for all those on our extended healing prayer list.

QUICK LINKS

[Link to Leaflets for Services](#)

[Link to podcast of Javier's Sunday, June 24 Sermon: "Keep Calm, Jesus is in the Boat"](#)

[Link to Sermon and Other Videos page](#)

[Link to the Episcopal Diocese of Washington's Website](#)